

Weight Control Drills

QUESTION:

Hi Lachlan:

I have been watching your videos and they are great. Do you have a video on controlled weight drill. One that I can click on to view.

Keep up the good work.

Regards Pat

ANSWER:

Evening pat:

One of the videos you make reference to is titled ‘Royal Take 2: Body Postures.

To some extent that video focuses on varying weight as it shows how to go from medium to minimum to maximum in the set up of your body posture.

Next march I shall do another 20 videos having already started the script for such and recruited six premier league bowlers and coaches to participate and interact.

I shall check to ensure we do one video clip on controlled weight.

I have done numerous sessions at clubs since August and weight control drills feature except for one thing, the players lose composure and forget all about the discipline in the drill when it comes to a game.

Then it is a mental skill drill as a priority.

Just these last few days I conducted some sessions the purpose of which was training with intensity and a few good bowlers joined the few elite bowlers I invited to attend.

The good bowlers had little idea of how to adjust weight until such time as I explored what it felt like when they delivered so as to be able to feel how to adjust.

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Good bowlers seem to be technically capable without realizing what and how they do it.

Elite bowlers are a cog above that in sensory awareness and in the main, younger.

Hope that helps,
Thanks

Lachlan Tighe, 2018